

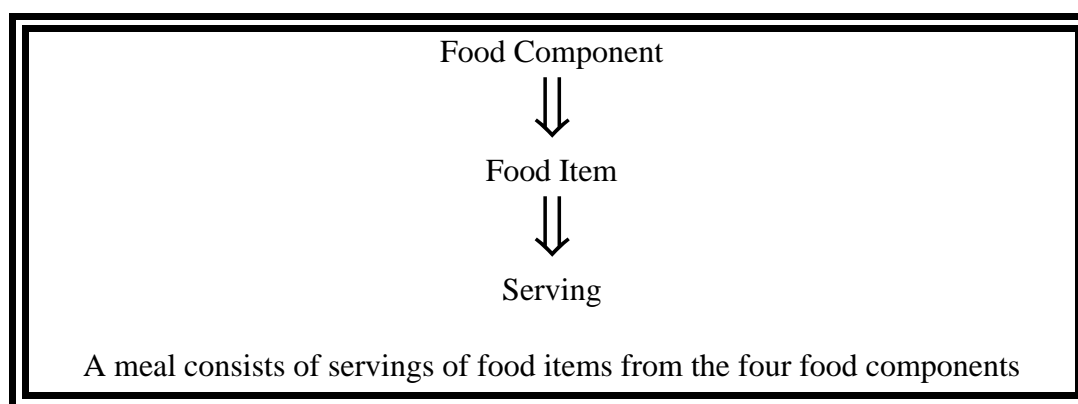
# ENHANCED FOOD BASED MENU PLANNING SYSTEM

**Enhanced Food Based Menus:** Enhanced Food Based menus are an enhancement of the traditional meal pattern.

**Food Component:** A food component means one of the four food groups which compose the reimbursable school lunch, i.e., meat or meat alternate, milk, grains/breads and vegetables/fruits or one of the four food groups which compose the reimbursable school breakfast, i.e., meat or meat alternate, milk, grains/breads, or juice/fruit/vegetable.

**Food Item:** A food item is one of the five required foods for lunch or four required foods for breakfast.

**Serving:** The minimum quantity for the required age/grade groupings.



OVS reduces plate waste and improves acceptability of the meal. Students have choices available to them which encourages choosing a meal that is more specific to their preferences. We must promote the nutrition goals of the school nutrition program by providing students with healthy food choices

Under OVS, students may take smaller portions of the **declined** food components. The required food components selected by the students, however, must be a full serving.

The decision to decline the allowed number of food items or to accept smaller portions of otherwise declined food items does not affect the charge for the meal.

Within the minimum quantities specified in the regulations for the various age and grade groups, the menu planner establishes what constitutes a “serving.” Students can decline any food item including the entree or milk.

For a theme or salad bar, special attention should be given to determining the components and portion sizes for a reimbursable meal under OVS before the meal service begins.

## Offer versus Serve for Enhanced Food Based Menus Lunch

### National School Lunch Program Offer versus Serve Enhanced Food Based Menus

- ✓ All five food items must be offered to all students.
- ✓ Serving sizes must equal the minimum required quantities for the appropriate grade group.
- ✓ Lunch must be priced as a unit.
- ✓ Students have the option of which item(s) to decline.
- ✓ Students must take a full portion of at least **three** of the five food items.

### Lunch Food Components

- Meat/Meat Alternate
- Vegetables/Fruits
- Grains/Breads (see page 24 for Grains/Breads Instruction)
- Milk

### Lunch Food Items

Students must be offered all **five** required food items:

★ One serving each of:

- Meat/Meat Alternate
- Milk
- Grains/Breads

★ Two servings of:

- Two different Vegetables/Fruits

Total servings of Vegetables/Fruits equal:

- Elementary: 3/4 cup Vegetables/Fruits daily + 1/2 cup to be served over the week
- Secondary: 1 cup Vegetables/Fruits (mixed salad, vegetables or fruit)

**NOTE:** Under OVS, a SFA may decide whether the elementary/junior/middle/school students must take three or four of the five food items.

The challenge is to look at a tray that **does not** have everything on it and to know whether the meal is reimbursable under OVS.

When students go through the line, they must be offered five food items. Under OVS, a student may decline up to two of the five required food items and still have a reimbursable lunch. In other words, a student must take full portions of at least three of the five food items offered to have a reimbursable lunch.

Students are not required to select specific food items as long as they choose at least a full serving of three of the five items offered. **Students do not have to take a milk or an entree to have a reimbursable lunch.** Any three items selected will make a reimbursable meal.




If the meat/meat alternate is split into two menu items, i.e., the main dish and one other menu item, the student would have to take **both** items for the meat/meat alternate to count as one of the five food items. For example, the menu consists of a sandwich containing 1½ ounce of meat and celery with ½ ounce of peanut butter. These two items comprised the meat/meat alternate component of the meal. If the student selects milk and the sandwich, the student has selected only two items—the milk and grain/bread. The celery with peanut butter would be needed to be able to count the meat/meat alternate as an item.



If the fruit/vegetable requirement is met by serving ¼ cup quantities of each of three different fruits/vegetables, one or two of the three choices meets one fruit/vegetable requirement. All three must be selected to meet the requirement of two fruit/vegetable servings.

## Enhanced Food Based Reimbursable Meals Exercise

### Lunch

Assume the serving sizes to be correct for different age/grade groups

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
<b>Monday</b>  Lasagna Green Salad Italian Bread Pears Milk		½ Serving Lasagna Green Salad Italian Bread  	
<b>Tuesday</b>  Hamburger on Bun Potato Chips Fruit Cocktail Cookie Chocolate Milk		Hamburger on Bun Chocolate Milk  	
<b>Wednesday</b>  Ham Sandwich Green Beans Peaches Rice Pudding Milk		Green Beans Rice Pudding Milk  	

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
<b>Thursday</b>  Spaghetti w/Meat Sauce Tossed Salad w/Dressing Garlic Bread Apple Milk		Tossed Salad Garlic Bread Apple  	
<b>Friday</b>  Chicken Drumsticks Sweet Peas ( ¼ cup) Carrot Sticks ( ¼ cup) Pears ( ¼ cup) Roll Milk		Sweet Peas (¼ cup) Pears (¼ cup) Milk  	

## Answers to Lunch Enhanced Food Based Reimbursable Meals Exercise

Assume the serving sizes to be correct for different age/grade groups

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
<b>Monday</b>  Lasagna Green Salad Italian Bread Pears Milk	Complete.	½ Serving Lasagna Green Salad Italian Bread	No.  The student must take full servings of at least three food items; therefore, not a reimbursable meal.
<b>Tuesday</b>  Hamburger on Bun Potato Chips* Fruit Cocktail Cookie Chocolate Milk  *Not a credible food	Not complete.  The meal only offers one serving from the vegetable/fruit component.	Hamburger on Bun Chocolate Milk	Yes, if an additional fruit/vegetable was added to the menu. The hamburger on bun counts as two food items. Milk makes three. The student has selected three food items required for a reimbursable meal.
<b>Wednesday</b>  Ham Sandwich Green Beans Peaches Rice Pudding Milk	Complete.	Green Beans Rice Pudding Milk	Yes.  Three of the five food items were selected. As a grain-based dessert, the rice pudding would count as a serving of grain/bread

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
<b>Thursday</b>  Spaghetti w/Meat Sauce Tossed Salad w/Dressing Garlic Bread Apple Milk	Complete.	Tossed Salad Garlic Bread Apple	Yes.  The student selected three food items.
<b>Friday</b>  Chicken Drumsticks Sweet Peas ( ¼ cup) Carrot Sticks ( ¼ cup) Pears ( ¼ cup) Roll Milk	Complete.	Sweet Peas ( ¼ cup) Pears ( ¼ cup) Milk	No.  This is not a reimbursable meal. The student must select another food item. All three servings of fruit and vegetables portions must be chosen to satisfy the volume required to count as two food items. <b>NOTE:</b> The student could add the carrot sticks or bread or the drumstick for a reimbursable meal.

Assume the serving sizes to be correct for different age/grade groups

## Breakfast

Breakfast is the same for the Traditional Menu Planning System and the Enhanced Food Based System. Since both systems are Food Based systems, breakfast is discussed under “Food Based Menus.”

### School Breakfast Program Offer versus Serve Food Based Menus

- ✓ All four food items must be offered to students.
- ✓ Serving sizes must equal the minimum quantities required for the age or grade group.
- ✓ Breakfast must be priced as a unit.
- ✓ Students have the option of which item to decline.
- ✓ Students must take three of the four food items.
- ✓ Offer versus Serve is encouraged, but not required.

### Breakfast Food Components

- Meat/Meat Alternate
- Juice/Fruit/Vegetable
- Grains/Breads
- Milk

### Breakfast Menu items

Students must be offered all **four** required food items:

★ One serving each of:

- Milk
- Juice/Fruit/Vegetable

★ One of each group or two from one of the following groups:

- Grains/Breads
- Meat/Meat Alternate




At the option of school food authority, each school may allow the students to decline **one food item**.



## Enhanced Reimbursable Meals Exercise

### Breakfast

Assume the serving sizes to be correct for different age/grade groups

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Assorted Cereal Toast & Jam Orange Juice Milk		Cereal Milk 	
Cheese and Egg Quesadilla Salsa Applesauce Milk		Cheese and Egg Quesadilla Salsa Milk 	
Ham & Cheese Sandwich Pineapple Chunks Milk		Toast Milk 	

## Answers to Breakfast Enhanced Reimbursable Meals Exercise

Assume the serving sizes to be correct for different age/grade groups

Menu	Is the menu complete? If not, why not?	Under OVS, student takes:	Is this a reimbursable meal? If not, why not?
Assorted Cereal Toast & Jam Orange Juice Milk	Complete.	Cereal Milk	No.  The student has selected only two of the four food items; therefore, not a reimbursable meal.
Cheese and Egg Quesadilla Salsa Applesauce Milk	Complete.	Cheese and Egg Quesadilla Salsa Milk	Yes.  The student has selected three of the four food items. The selection was a meat/meat alternate, grain/bread and milk. This is a reimbursable meal. Although salsa is now creditable, the quantity taken does not satisfy the fruit/vegetable requirement.
Open Faced Cheese Sandwich Pineapple Chunks Milk	Complete.	Toast Milk	No.  The student has selected two of the four food items; therefore, not a reimbursable meal. The meat/meat alternate and fruit have been declined. The student must select another food item.

# ENHANCED FOOD BASED

## Lunch must contain:

### One serving of each:

- Meat/Meat Alternate
- Milk
- Grains/Breads

### Two Servings of:

- Vegetables/Fruits

### Offer versus Serve

- Offer five, take three  
Local option may  
require four



## Breakfast must contain:

### One serving of each:

- Milk
- Juice/Fruit/Vegetable

### One of each or two of:

- Grains/Breads
- Meat/Meat Alternate

### Offer versus Serve

- Offer four, take three

Need to Know: What are the amounts served for today?

## Grains/Breads Instruction

In the past, desserts could not be counted as meeting the bread requirement. But now it is possible! Under the **Enhanced Food Based Menu Planning** option, certain grain-based desserts may count toward the bread/grains requirement for lunch. Desserts that count are certain cookies, cakes and rice krispie treats. A non-dessert bread item must be offered on the menu daily at lunch. A bread/grain dessert can be offered in addition to comply with the increased bread requirement. The **Traditional Menu Planning System** cannot use desserts to meet the bread/grains requirement.

So, if cookies, pies or fruit crisps are served containing a sufficient amount of whole-grain, bran, germ and/or enriched flour or meal, they count toward meeting the grains/breads requirement. Other than this change, a reimbursable meal will look much the same.

For the purposes of OVS and, taking into consideration the multiple servings required for the grains/breads food component/food item, the daily **component** requirement will be considered met if the student selects **at least one** of the one or more daily servings offered. If a school offered a roll and pasta to count toward meeting the bread requirement for the week, the student would only have to select either the roll or the pasta to count as one of the menu items under Offer versus Serve for the Enhanced Food Based Menu Plan. If the student selects both the roll and pasta, it still would count as meeting one component.

### Grains/Breads

Grain/breads alternates must meet these criteria:

- ✖ The item must be made from whole-grain or enriched flour as the primary ingredient by weight, as specified on the label or in the recipe.
- ✖ The item must provide a minimum of ¼ serving to quality.
- ✖ At least one serving of bread/grain component must be offered daily at lunch and as an option at breakfast.

The following are the USDA regulations for the grains/breads requirement for the Food Based Menu Planning Systems in the Child Nutrition Programs:

The Food Based Menu Planning Systems in the Child Nutrition Programs (i.e., the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP) contain a requirement that all meals offered include grains/breads or bread/bread alternate food item(s), hereafter termed “grains/breads.” Program regulations set forth the minimum quantities of grains/breads required for breakfasts, lunches, suppers, and supplements (snacks) to be reimbursable.

The following sets forth the criteria to be used to determine (1) acceptable grains/breads and (2) equivalent minimum serving sizes under the Food Based Menu Planning Systems in all Child Nutrition Programs. The criteria are followed by examples of foods that qualify as grains/breads.

## 1. Criteria for Determining Acceptable Grains/Breads Under the Food Based Menu Planning Systems

The following criteria are to be used as a basis for crediting items to meet the grains/breads requirement:

- a. All grains/breads items must be enriched or whole-grain from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
- b. The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well as bran and/or germ; or fortified. If it is enriched, the item must meet the Food and Drug Administration's Standards of Identity (21 CFR §136, §137, §139) for enriched bread, macaroni and noodle products, rice, or cornmeal.
- c. The item must be provided in quantities specified in the regulations. One-quarter ( $\frac{1}{4}$ ) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.

## 2. Criteria for Determining Equivalent Minimum Serving Sizes Under the Food Based Menu Planning Systems

The chart (pages 2-13 to 2-14) contains the equivalent minimum serving sizes for a wide variety of purchased food items.

In lieu of using the minimum serving sizes listed in the chart, the contribution of the grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain bread and/or flour in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain meal and flour.

For the types of food items listed in Groups A-G of the chart to count as one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour. For the types of food items listed in Groups H and I of the chart to count as one full serving, the weights and volumes listed therein must be used.

## 3. Foods That Qualify as Grains/Breads

Foods that qualify as grains/breads for the Child Nutrition Programs are foods that are enriched or whole-grain or made from enriched or whole-grain meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:

- a. **Breads** that are enriched or whole-grain.
- b. **Biscuits, bagels, rolls, tortillas, muffins, or crackers** made with enriched or whole-grain meal or flour.
- c. **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous** that are enriched or whole-grain.
- d. **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified.
- e. **Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies or breading on fish or poultry** when they are enriched, whole-grain, or fortified.
- f. **Macaroni or noodle products (cooked)** made with enriched or whole-grain flour. Program regulations for

the NSLP and the SFSP allow enriched macaroni products that have been fortified with protein to be counted to meet either a grains/breads or meat/meat alternate requirement but not as both in the same meal.

- g. **Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products (authorized under Appendix A of 7 CFR part 220)** when made with enriched or whole-grain meal or flour and served, as permitted under the chart. When sweet foods are permitted, no more than one grains/breads serving per day may be a dessert and sweet snack foods should not be served as part of a snack more than twice a week.
- h. **Pie crust** when made with enriched or whole-grain meal or flour and served, as illustrated in the chart.
- i. **Non-sweet snack products such as hard pretzels, hard bread sticks, and chips** made from enriched or whole-grain meal or flour.

Please see the chart listed on the next page for minimum servings.

**GRAINS/BREADS FOR THE FOOD BASED MENU PLANNING SYSTEMS  
IN THE CHILD NUTRITION PROGRAMS<sup>1</sup>**

<b>GROUP A</b>	<b>MINIMUM SERVING SIZE FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltine and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>	1 serving = 20 gm or 0.7 oz $\frac{3}{4}$ serving = 15 gm or 0.5 oz $\frac{1}{2}$ serving = 10 gm or 0.4 oz $\frac{1}{4}$ serving = 5 gm or 0.2 oz
<b>GROUP B</b>	<b>MINIMUM SERVING SIZE FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hotdog)</li> <li>• Crackers (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole-wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz $\frac{3}{4}$ serving = 19 gm or 0.7 oz $\frac{1}{2}$ serving = 13 gm or 0.5 oz $\frac{1}{4}$ serving = 6 gm or 0.2 oz
<b>GROUP C</b>	<b>MINIMUM SERVING SIZE FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>2</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>2</sup>, fruit turnovers<sup>3</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz $\frac{3}{4}$ serving = 23 gm or 0.8 oz $\frac{1}{2}$ serving = 16 gm or 0.6 oz $\frac{1}{4}$ serving = 8 gm or 0.3 oz

<sup>1</sup> Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>2</sup> Allowed only for desserts under the Enhanced Food Based Menu Planning System specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

<sup>3</sup> Allowed for desserts under the Enhanced Food Based Menu Planning System specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP and for breakfasts served under the SBP, SFSP, and CACFP.

<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
<ul style="list-style-type: none"> <li>• Doughnuts<sup>3</sup> (cake and raised, unfrosted)</li> <li>• Granola bars<sup>3</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll<sup>3</sup> (unfrosted)</li> <li>• Toaster pastry<sup>3</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz $\frac{3}{4}$ serving = 38 gm or 1.3 oz $\frac{1}{2}$ serving = 25 gm or 0.9 oz $\frac{1}{4}$ serving = 13 gm or 0.5 oz
<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars<sup>3</sup></li> <li>• Granola bars<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Sweet rolls<sup>3</sup> (frosted)</li> <li>• Toaster pastry<sup>3</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz $\frac{3}{4}$ serving = 47 gm or 1.7 oz $\frac{1}{2}$ serving = 31 gm or 1.1 oz $\frac{1}{4}$ serving = 16 gm or 0.6 oz
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
<ul style="list-style-type: none"> <li>• Cake<sup>2</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>3</sup></li> </ul>	1 serving = 75 gm or 2.7 oz $\frac{3}{4}$ serving = 56 gm or 2 oz $\frac{1}{2}$ serving = 38 gm or 1.3 oz $\frac{1}{4}$ serving = 19 gm or 0.7 oz
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
<ul style="list-style-type: none"> <li>• Brownies<sup>2</sup> (plain)</li> <li>• Cake<sup>2</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz $\frac{3}{4}$ serving = 86 gm or 3 oz $\frac{1}{2}$ serving = 58 gm or 2 oz $\frac{1}{4}$ serving = 29 gm or 1 oz
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked)<sup>4</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)<sup>4</sup></li> </ul>	1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less

<sup>4</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.



## Grains/Breads Serving Equivalents from USDA Quantity Recipes for School Food Service and a Tool Kit for Healthy School Meals

\* Serving equivalent increased from previous equivalent by  $\frac{1}{4}$  when the new calculation method was applied.

Recipe	Recipe #	Grains/Breads Serving Equivalent
<b>Grains/Breads</b>		
Baking Powder Biscuits	B-4	1-3/4*
Banana Bread Squares	B-5	1
Bread Stuffing	B-6	1-1/2
Brown Bread	B-7	1
Cinnamon Rolls	B-8	2
Cornbread	B-9	1
Fried Rice	B-10	1
Italian Bread	B-11	2-1/4*
Muffin Squares	B-12	1
Pancakes	B-13	1
Pizza Crust	B-14	2
Pourable Pizza Crust	B-15	2
Rolls (Yeast)	B-16	2
Spanish Rice	B-17	$\frac{1}{2}$
Sweet Potato-Prune Bread	B-18	1
White Bread	B-19	1-1/4
Oatmeal Muffin Squares	B-20	1
Orange Rice Pilaf	B-21	1
Brown Rice Pilaf	B-22	1
Rice-Vegetable Casserole	B-23	$\frac{3}{4}$
<b>Desserts</b>		
Apple Cobbler	C-1	$\frac{1}{2}$
Apple Crisp	C-2	$\frac{1}{2}$
Applesauce Cake	C-3	1
Brownies	C-4	$\frac{1}{2}$
Carrot Cake	C-5	1
Cherry Cobbler	C-6	$\frac{1}{2}$

Cherry Crisp	C-7	$\frac{3}{4}$
Chocolate Cake	C-8	$\frac{3}{4}$
Chocolate Chip Cookies	C-9	$\frac{1}{2}$
Oatmeal Cookies	C-10	$\frac{3}{4}$
Peach Cobbler	C-13	$\frac{1}{2}$
Peanut Butter Cookies	C-14	$\frac{1}{2}$
Rice Pudding	C-15	$\frac{1}{4}$
Spice Cake	C-16	1
Sweet Potato Pie	C-17	1
Yellow Cake	C-20	1
Royal Brownies	C-21	$\frac{1}{2}$
Gingerbread	C-23	1-1/4
New Oatmeal Raisin Cookies	C-25	1
Peanut Butter Bars	C-26	$\frac{1}{2}$
New Spice Cake	C-28	1
Whole Wheat Sugar Cookies	C-30	1
Chocoleana Cake	C-31	1
Orange Rice Pudding	C-33	$\frac{1}{4}$
<b>Main Dishes</b>	(formerly not credited)	
Chicken or Turkey a la King	D-16	$\frac{1}{4}$
Quiche w/Self-Forming Crust	D-32	$\frac{3}{4}$
Salisbury Steak	D-33	$\frac{1}{4}$

## Determining Grains/Breads Serving Equivalents from Recipes

Determining the contributions a recipe makes to the meal requirements is an important step in assuring the meals served are nutritious and meet federal meal pattern requirements. To determine the equivalency of a serving a recipe makes toward the Grains/Breads meal component the following procedure can be used. To be equivalent to a serving of grains/breads, the serving must contain at least 14.75 grams of whole grain and/or enriched flour.

1. Determine the total pounds of whole grain and/or enriched flour in the recipe.
2. Convert the pounds to grams:  
 $\text{pounds of flour} \times 454 \text{ grams per pound} = \text{total number of grams of flour in the recipe}$
3. Divide the number of grams of flour by the number of servings the recipe provides:  
 $\text{grams of flour} \div \text{number of servings} = \text{grams of flour per recipe serving}$
4. Divide the grams of flour per recipe serving by 14.75 grams:  
 $\text{grams of flour per recipe serving} \div 14.75 = \text{number of grains/breads credit per serving}$
5. Round down to the nearest  $\frac{1}{4}$  grains/breads serving.

If dry cereal is used as an ingredient such as in rice krispie treats, it may be credited allowing  $\frac{3}{4}$  cup or 1 oz. to equal 1 serving. One half serving would equal  $\frac{3}{8}$  cup or 0.5 oz. and one fourth serving would equal 3 tablespoons or 0.25 oz. of dry cereal.

If a cereal such as rolled oats or rice is used as an ingredient in products such as granola or rice pudding, it may be credited allowing 1 serving =  $\frac{1}{2}$  cup cooked or 25 gm dry. One half serving would equal  $\frac{1}{4}$  cup cooked or 12.5 gm dry and one fourth serving would equal  $\frac{1}{8}$  cup or 6.25 gm of cereal.

The grains used as ingredients which may be counted as part of the total flour are wheat, oat, corn, rye, and barley. The forms of the grains which may be counted are the enriched flour, the meal, rolled, and the cracked form. The weight of each form of the grain as specified in the recipe should be totaled.

# **CALCULATING THE GRAINS CONTRIBUTION IN GRAINS/BREADS CREDITING**

Recipe Number	Recipe Name	Ingredients per 100 Servings	Quantity of Grain given in pounds	x grams (454 per lb)
B-12	Muffin Squares	All purpose flour Noninstant, nonfat dry milk; OR Instant nonfat dry milk Baking Powder Sugar Salt Raisins, plumped (optional) Large eggs (see note) Water Vegetable oil	3 lb 8 oz	3.5 lb x 454g = 1,589g
		<div>Calculations</div> <div> <u>Contribution of flour for one serving: 14.75g</u>   1 Muffin Square provides 1 (1.0) serving of Grains/Breads </div>	Flour: $1,589\text{g} \div 14.75\text{g} = 107$ servings of flour per 100 servings of Muffin Squares  $107 \div 100$ servings = 1.07 servings of <u>Grains/Breads</u> per Muffin Square  Round 1.07 down to the nearest serving : 1.00	

## **MUFFIN SQUARES**

# **CALCULATING THE GRAINS CONTRIBUTION IN GRAINS/BREADS CREDITING**

Recipe Number	Recipe Name	Ingredients per 100 Servings	Quantity of Grain given in pounds	x grams (454 per lb)
C-10	Oatmeal Cookies	All purpose flour	1 lb 13 oz	1.81 lb x 454g = 821g
		Baking Soda		
		Salt	1 lb 4 oz	1.25 lb x 454g = 567g
		Rolled Oats		
		Sugar		
		Brown Sugar, packed		
		Ground Cinnamon		
		Ground Cloves		
		Ground Nutmeg (optional)		
		Shortening		
		Butter or mmargarine		
		Large eggs		
		Vanilla		
		Raisins, plumped (optional)		
		Calculations	Flour: $821 \div 14.75\text{g} = 55$ servings of <u>flour</u> per 100 servings of Oatmeal Cookies	
		<u>Contribution of flour for one serving: 14.75g</u>	Oats: $567 \div 25\text{g} = 22$ servings of <u>oats</u> per 100 servings of Oatmeal Cookies	
		<u>Contribution of oats for one serving: 25g</u>	Add 55 (flour) + 22 (oats) = 77 servings of <u>Grains/Breads</u> per 100 servings of Oatmeal Cookies	
		1 Oatmeal Cookie provides a .75 (3/4) serving of Grains/Breads	$77 \div 100$ servings = .77 servings of <u>Grains/Breads</u> per Oatmeal Cookie	

## **OATMEAL COOKIES**

## CALCULATING THE GRAINS CONTRIBUTION IN GRAINS/BREADS CREDITING

<b>Recipe Number</b>	<b>Recipe Name</b>	<b>Ingredients per 100 Servings</b>	<b>Quantity of Grain given in pounds</b>	<b>x grams (454 per lb)</b>
		<div style="float:right; width: 60px;">Calculations</div>  <u>Contribution of flour for one serving:</u> 14.75 g  <u>Contribution of oats for one serving:</u> 25 g  <u>Contribution of cereal for one serving:</u> 28 g  1 _____ provides a serving of Grains/Breads		

## Traditional and Enhanced Food Based Exercise

1. The goals of the OVS program are to:

- a. \_\_\_\_\_ plate waste.
- b. \_\_\_\_\_ food choices.

2. Rules of the OVS lunch “game” are:

- a. All \_\_\_\_\_ food items must be offered to all students.  
(number)

- \_\_\_\_\_ serving(s) of each  
(number)

- Meat/Meat Alternate

- Milk

- Grains/Breads

- \_\_\_\_\_ serving(s) of  
(number)

- Different Vegetables/Fruits

- b. The serving sizes must equal the minimum required \_\_\_\_\_ for each age or grade group.

- c. The \_\_\_\_\_ must be priced as a unit.

- d. Students have the option of which item(s) to \_\_\_\_\_.

3. OVS is \_\_\_\_\_ in grades below the senior high level.

4. Students below the senior high level **may** be permitted to decline \_\_\_\_\_ or \_\_\_\_\_ of the five required food items at lunch.  
(number) (number)

5. A food component is defined as one of the \_\_\_\_\_ groups which compose the reimbursable school lunch or breakfast.
6. Components of a reimbursable school lunch are:
- a. \_\_\_\_\_/
  - b. \_\_\_\_\_/
  - c. \_\_\_\_\_/
  - d. \_\_\_\_\_/
7. Components of a reimbursable school breakfast are:
- a. \_\_\_\_\_/
  - b. \_\_\_\_\_/ \_\_\_\_\_/
  - c. \_\_\_\_\_/
  - d. \_\_\_\_\_/
8. OVS permits students to decline \_\_\_\_\_ food item at breakfast.  
(number)



## Answers to Traditional and Enhanced Food Based Exercise

1. The goals of the OVS program are to:
  - a. Minimize plate waste.
  - b. Encourage more food choices.
2. Rules of the OVS lunch “game”
  - a. All five food items must be offered to all students.
    - One serving of
      - Meat/Meat Alternate
      - Milk
      - Grains/Breads
    - Two servings of
      - Vegetables/Fruits
  - b. The serving sizes must equal the minimum required quantities for each age or grade group.
  - c. The meal must be priced as a unit.
  - d. Students have the option of which item(s) to decline.
3. OVS is optional in grades below the senior high level.
4. Students below the senior high level may be permitted to decline one or two of the five required food items at lunch.
5. A food component is defined as one of the four food groups which compose the reimbursable school lunch or school breakfast.
6. Components of a reimbursable school lunch are:
  - a. Meat/Meat Alternate
  - b. Vegetables/Fruits
  - c. Grains/Breads
  - d. Milk
7. Components of a reimbursable school breakfast are:
  - a. Meat/Meat Alternate
  - b. Juice/Fruit/Vegetable
  - c. Grains/Breads
  - d. Milk
8. OVS permits students to decline one food item at breakfast.

## Lunch - Enhanced Meal Pattern

Minimum Quantities for Enhanced Meal Pattern Lunch					
	Required				Option
	Ages 1-2	Pre- School	Grades K-6	Grades 7-12	Grades K-3
Meal Component					
<b>Milk (as a beverage)</b>	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
<b>Meat/Meat Alternate</b> (Quantity of the edible portion as served)					
Lean meat, poultry or fish	1 oz.	1½ oz.	2 oz.	2 oz.	1½ oz.
Cheese	1 oz.	1½ oz.	2 oz.	2 oz.	1½ oz.
Large egg	½	¾	1	1	¾
Cooked dry beans or peas	¼ cup	— cup	½ cup	½ cup	— cup
Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	3 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or ½ cup	6 oz. or ¾ cup	8 oz. or 1 cup	8 oz. or 1 cup	6 oz. or ¾ cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:					
Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish)	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%	¾ oz. = 50%
<b>Vegetables/Fruits</b> (2 or more servings of vegetables or fruits or both)	½ cup	½ cup	¾ cup plus extra ½ cup over a week <sup>1</sup>	1 cup	¾ cup
<b>Grains/Breads</b> Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week <sup>1</sup>  Minimum of ½ per day	8 servings per week <sup>1</sup>  Minimum of 1 per day	12 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	15 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	10 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>

<sup>1</sup> For the purposes of this chart, a week equals five days.

<sup>2</sup> Up to one grains/breads serving per day may be a grain-based dessert.

## Breakfast - Enhanced Meal Pattern

Minimum Quantities for Enhanced Meal Pattern Breakfast				
	Required			Option
	Ages 1-2	Pre-School	Grades K-12	Grades K-3
Meal Component				
<b>Milk (Fluid)</b> (As a beverage, on cereal, or both)	½ cup	¾ cup	8 fl. oz.	8 fl. oz.
<b>Juice/Fruit/Vegetable</b>  Fruit and/or vegetable; or full strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup	½ cup
<b>Select <u>one</u> serving from each of the following components or <u>two</u> from one component:</b>				
<b>Grains/Breads</b> One of the following or an equivalent combination:  Whole grain or enriched bread  Whole grain or enriched biscuit/roll, muffin, etc.  Whole grain, enriched or fortified cereal	½ slice  ½ serving  ¼ cup or _ oz.	½ slice  ½ serving  _ cup or ½ oz.	1 slice  1 serving  ¾ cup or 1 oz.	1 slice  1 serving  ¾ cup or 1 oz. <u>Plus an additional serving of one of the grains/breads above</u>
<b>Meat/Meat Alternate</b> Meat, poultry or fish  Cheese  Egg (large)  Peanut butter or other nut or seed butters  Cooked dry beans and peas  Yogurt, plain or flavored, unsweetened or sweetened  Nuts and/or seeds (as listed in program guidance) <sup>1</sup>	½ oz.  ½ oz.  ½  1 Tbsp.  2 Tbsp.  2 oz. or ¼ cup  ½ oz.	½ oz.  ½ oz.  ½  1 Tbsp.  2 Tbsp.  2 oz. or ¼ cup  ½ oz.	1 oz.  1 oz.  ½  2 Tbsp.  4 Tbsp.  4 oz. or ½ cup  1 oz.	1 oz.  1 oz.  ½  2 Tbsp.  4 Tbsp.  4 oz. or ½ cup  1 oz.

<sup>1</sup> No more than 1 oz. of nuts and/or seeds may be served in any one meal.

